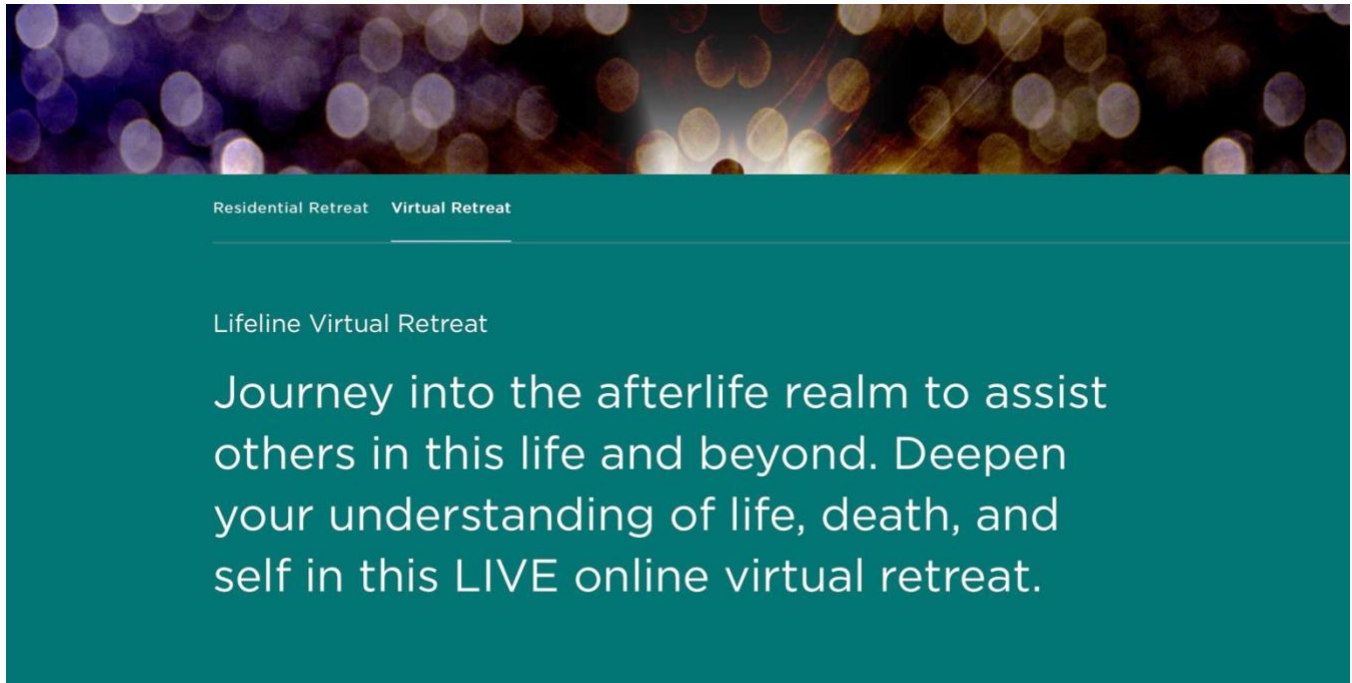


2023 Website Program Description



Virtual Program

\$995.00

5 1/2 days

Prerequisites

[Gateway Experience](#)

[Gateway Voyage](#)

[Gateway Voyage Virtual Retreat](#)

Only one of the prerequisites above is required

Conceived by the Monroe Institute in 1991, Lifeline® is the first soul retrieval retreat to enable people to journey into the afterlife state and be of service to others. In this advanced retreat you will explore Focus Levels 23-27—the specific states of expanded consciousness associated with the afterlife and connecting with those who have transitioned.

Help those in need of assistance to transition into the afterlife realm. Sometimes, people aren't aware that they have died and are confused about what to do or what has happened. As a part of the Lifeline retreat, you will learn ways to enter into these states of consciousness, comfortably make contact with people who need assistance and gently

guide them towards “The Light.” We call this extraordinary service soul retrieval or soul rescue.

Reunite with loved ones. Despite the weighty topic, there’s a social side to Lifeline. You’ll have a chance to visit “The Park,” an afterlife reception center. You’ll connect with new guides or systems of guides. And you could reunite with friends and relatives who have made their transition.

Retrieve lost aspects of yourself and enrich your life. Retrievals can also include reclaiming lost aspects or fragments of yourself. This healing process enables you to reconnect, feel whole again and embrace your total self.



(This video is linked in the details section below.)

Thousands of participants have attended Lifeline in the last two decades. They report a range of life-enriching benefits—including becoming more self-assured, receiving insight and healing from loved ones who have passed, and coming into greater feeling of oneness with all that is.

After completing Lifeline, you’ll be prepared to participate in Exploration 27 the next advanced-level program.

How it works

1. Lifeline Virtual Retreat is a 5 ½ day real-time interactive online retreat.

2. The daily schedule is based on each virtual retreat's specific time zone.
 1. Day 1 begins at 3:00 pm with an overview, introductions, logistics and an audio exercise. The day ends at 6:15 pm.
 2. Days 2-6 begin at 9:00 am. Each day includes 4-5 audio exercises, activities and short presentations with a break for lunch. Each day ends at 6:15 pm.
3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
4. Reliable internet connection with a minimum internet speed of 5 Mbps for streaming the exercises.
5. You will need headphones and a computer with a camera and microphone for video communications. Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.

To ensure you have true stereo sound, you can use this [Audio Test](#). (Linked in the details section below.) You should hear a pulsating frequency from ear to ear.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Qualifies as a Prerequisite

Completion of this online course meets the requirement for attending our advanced retreats.



Trainer Facilitation

Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.



Additional Audio Exercises

Continue your exploration once the program has ended with a take home audio exercise.